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Celebrity Buzz

Joe Jonas single again, say reports

pg 18

49-yr-old heat record faces meltdown

WEATHER Vancouver is expected to break a heat record today, with the temperature forecast to reach 31 C near the water and a sweltering 35 C inland, according to Environment Canada.

Meteorologist Gary Dickinson said the record high for July 29 was set in 1960 at 30.6 C.

"Records haven't been broken (so far this week)," said Dickinson. "(Until today) they've been off by about a degree or so."

Yesterday, the high at Vancouver International Airport was logged at 30 C, one degree below the record set for that date. The average temperature is 22 C.

The temperature is expected to remain high into the weekend.

An air quality advisory remains in effect for Metro Vancouver as the hot weather exacerbates smog levels and smoke from forest fires and can have adverse health impacts on people with respiratory problems. KRISTEN THOMPSON/METRO VANCOUVER

Comment pg 6

2010 'protest pens' slammed

Entertainment pg 17

Film about life of gritty IRA informer

Please recycle

KRISTEN THOMPSON/METRO VANCOUVER

Rick Momsen, owner of Capone's Restaurant and Jazz Club, outside his Yaletown eatery yesterday. Momsen has started a separate business that works with the restaurant to legally deliver liquor with food.

Restaurateur readies to deliver booze with food

Eatery owner finds liquor act loophole; LCLB assessing legality

KRISTEN THOMPSON
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METRO WORLD NewsExclusive

For the first time, Vancouverites will be able to have beer and wine delivered with their meals when they call a Yaletown restaurant that found a loophole in the Liquor Control and Licensing Act.

Capone's Restaurant and Jazz Club has opened a separate company that in two weeks will start working in conjunction with the eatery to deliver alcohol.

Owner Rick Momsen said the Liquor Control and Licensing Branch (LCLB) bristled when it heard his plans.

"Nobody's ever done it," he said. "We're pushing the envelope on something you should (already) be able to do."

When he first tried to put the plan in motion a couple of months ago, a competitor complained to the LCLB and Momsen was forced back to his lawyer.

"I talked to the Liquor Branch the other day and laid out the Liquor Act," he said, explaining that by starting Capone's Delivery he avoids breaking the law.

It's illegal for restaurants to deliver liquor and for delivery services to stock booze. When customers call Capone's and ask for alcohol, the delivery company buys it from a nearby wine store and delivers it with the food for an extra $5 fee.

"I'm not going after the 18-year-old kids who want to have liquor delivered to them, but the adult couple who wants to have a nice dinner and movie at home when it's raining, and it's crazy they can't do that," he said.

"People should be able to (order) a glass of wine with dinner."

A spokesperson for the LCLB said the branch is assessing the legality of the idea.

"Licensed restaurants … are not permitted to offer liquor delivery services, or advertise that they do," the spokesperson said. "The Liquor Control and licensing Branch … will be obtaining legal advice as to whether what is being contemplated is in compliance with … policy."

Ian Tostenson, president and CEO of the B.C. Restaurant and Foodservices Association, said that if Capone's pulls it off other Vancouver restaurants are likely to do the same.

"This is an economy that requires a lot of innovative thinking," he said.

"If it works, you'll see a lot more of it. Good on them."

Legal deliveries

- According to the LCLB, delivery services including flower shops and taxi cabs can legally buy and deliver liquor.

Decision on HEAT shelter closure likely today

JEFF HODSON
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HOWE STREET Housing Minister Rich Coleman is expected to decide today whether to close a controversial city shelter located under the Granville Street Bridge.

At the end of June, the city shut the door on one of its five low-barrier HEAT shelters after residents complained of an increase in drug dealing, waste and public sex in the North False Creek neighbourhood.

A second shelter, located across the alley from the first, in the 1400 block of Howe Street, was given a 30-day probation.

The facilities opened last winter to temporarily get people off the streets and away from the cold but as the weather warmed up the shelters remained open.

Coleman said he received a report from the city Monday afternoon. He will consider it alongside an analysis of housing vacancies, where people could be moved if the shelter closes.

Costs

- The Howe Street shelter houses 40 people and costs the province about $75,000 a month — or $1,875 a month per person.
- For perspective, a person making the $8 per hour minimum wage grosses $1,387 a month.

ShareYourViews

vancouverletters@metronews.ca

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U.K. fireworks on display tonight
The HSBC Celebration of Light returns tonight with a fireworks display from the United Kingdom. The final show featuring a display from China is set for Saturday. METRO VANCOUVER

Local

Tickets on sale until Friday

Phase 2 of ticket sales for the 2010 Vancouver Olympics ends at 7 p.m. on Friday. Pickings are slim and include curling and some preliminary ice hockey games. The third and final phase of ticket sales starts in the fall. Tickets can be purchased at vancouver2010.com.
METRO VANCOUVER

Housing project breaks ground

Development the 'real solution for homelessness': Mayor

JEFF HODSON
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Vancouver and the province broke ground yesterday on the first of 14 supportive social housing developments on city-owned sites.

Mayor Gregor Robertson called the $21.6-million development, located near Pacific Central station, the "real solution for homelessness" in Vancouver.

"It's permanent homes for people who need healthcare supports," Robertson said yesterday following a ceremonial earth turning.

The province paid $16.7 million toward the development, which is slated to open in April 2011, and will provide the PHS Community Services Society $1.7 million annually to operate it.

Housing Minister Rich Coleman said that in 2006 the province decided that it didn't want to just "cut ribbons."

"When you put in meals, counselling, and some mental health workers and addiction support, you get a better result," Coleman said.

The six-storey development will feature 80 325-square-feet studio apartments, each with its own bathroom and kitchen.

The ground floor has communal living space and four retail shops on Main Street, Robertson said.

JEFF HODSON/METRO VANCOUVER

Liz Evans of the Portland Hotel Society, left, Housing Minister Rich Coleman, Mayor Gregor Robertson and Liberal MLA Mary McNeil break ground on a social housing development yesterday.

North Shore lots eyed for Olympic parking

VANCOUVER 2010 Games

DANIEL TAM
for Metro Vancouver

TRANSPORT A couple of North Shore communities will be supplying parking lots for the 2010 Winter Olympics.

The City of North Vancouver and the District of North Vancouver agreed to offer parking for motor coaches and buses that will transport Olympic visitors up to Cypress Mountain and Whistler.

A parking lot near Centennial Theatre and a lot at Inter-River Park will be used by VANOC.

In return, the areas been added to VANOC's Community Contributor Program and will receive media and advertising support, a torch relay event, and visits from the 2010 mascots.

"We're pretty pleased with the agreement and we're pretty excited ... about the Olympics," said Roger Bassam, District of North Vancouver councillor and acting mayor.

Snow removal

- To ensure the buses can get around during the Games, street snow and ice removal will be conducted round-the-clock.

B.C. fast ferries sold to foreign buyer

CRIME A yacht-building company from the United Arab Emirates has bought B.C.'s three fast ferries.

No sale price has been released, but the first ferry will be transported to Abu Dhabi Mar next month.

The B.C. NDP spent about $450 million to build the ferries in the late '90s, only to see them dry-docked due to mechanical problems and safety concerns.
METRO VANCOUVER

News in brief

EI The number of people receiving employment insurance benefits in B.C. increased by 6.2 per cent in May to 88,200. Since October, the total number of British Columbians collecting EI has increased by 42,600.

LIABILITY Search crews in Golden returned to work this week after their liability insurance worries were resolved, CBC News Online reports. Rescuers suspended their services after they were sued by a Quebec man whose wife died when they skied out of bounds.

YOGA Canada's largest yoga studio opened yesterday in Vancouver. The Flow Wellness Centre, located at Burrard and Smithe streets, spans 11,500 square feet.

LIBRARIES Public libraries in B.C. have not received an annual grant ($17.7 million) from the province and are worried that will be further cuts in 2010. METRO NEWS SERVICES

Charges laid after woman stabbed with potato peeler

CRIME A 25-year-old woman is facing charges after another woman was allegedly bitten on the right breast and stabbed with a potato peeler outside a Granville Street nightclub.

The women, who appeared to know each other, were ejected from the Republic Nightclub at around 2 a.m. Tuesday. Once outside, their altercation allegedly got worse.

Police Const. Jana McGuinness said she doesn't know where the peeler came from.

The victim, 20, was taken to hospital for a bite wound to her chest and minor injuries to her ear.

Yurub Mohammed Arte has been charged with assault and assault with a weapon. METRO VANCOUVER

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Bard on the Beach hits 1 million customers

The Bard on the Beach Shakespeare Festival expected its one-millionth customer last night when it presented the Comedy of Errors. The lucky person received complimentary passes to all four productions of next year's Bard on the Beach. METRO NEWS SERVICES

Skeena swimmer braves white water

JOURNEY The woman swimming British Columbia's second-longest river to raise awareness of potentially harmful development projects is through the major white water portion of the trip.

Ali Howard has swum more than 200 kilometres and completed about a third of her journey.

Online

- Follow Ali Howard's swim online at skeenawatershed.com.

Since July 21, she has spent nine hours a day in the water supported by a team of nine crew in two kayaks and two rafts.

PHOTO SUBMITTED

Ali Howard uses a river board to get through the rushing rapids on the Skeena River. The board helps to prevent her from being wedged into rocks.

As the Skeena's tributaries continue to empty into it, the river becomes wider, deeper and less rocky but hazards such as whirlpools and strong currents appear.

Howard, who works as a chef but is a former water polo player, is expected to arrive in Hazelton on Aug. 3 for a community celebration.

METRO VANCOUVER

B.C. Ferries and TransLink under review

The government of British Columbia launched a review of TransLink and B.C. Ferries yesterday "to ensure that customers are getting the most value for their money."

The review, requested by Transportation and Infrastructure Minister Shirley Bond, will evaluate everything from operating costs to the quality of customer service of both companies.

"Like all other entities that receive public funding, it is essential both TransLink and B.C. Ferries operate in a financially sound and sustainable manner," Bond said in a statement.

Comptroller general Cheryl Wenezenki-Yolland will conduct the reviews of the companies, and no one will be immune.

Executives sitting on the board of directors will have their salaries looked at, as well as the appointment process that got them there.

Privatized

- It has been six years since B.C. Ferries was privatized and two years since TransLink revised its governance model.

B.C. Ferries CEO David Hahn, for example, reportedly received about $1 million in total compensation last year, which has drawn criticism from New Democrat ferries critic Gary Coons.

"British Columbians don't need a million-dollar man at B.C. Ferries. They need a system that is affordable and accountable to taxpayers," Coons said.

Wenezenki-Yolland will also try to determine if the companies try to save taxpayers' money by using cheaper alternate service providers.

The reviews are to be completed by Sept. 30.

METRO VANCOUVER

Search for alcohol prompts complaint

KARL YU
for Metro Vancouver

LIBERTIES Police searches for alcohol conducted during the HSBC Celebration of Light have prompted the B.C. Civil Liberties Association to file a complaint.

A man who witnessed Vancouver police officers searching people during the opening night of the fireworks approached the BCCLA.

Jesse Lobdell, the caseworker handling the complaint, said the officers' actions are similar to the illegal searches conducted by Victoria police and RCMP on Canada Day 2008.

"There was a report done by the commission for public complaints against the RCMP and they found it to be grossly unlawful," said Lobdell.

"It didn't' pass common law, it didn't pass the charter, it wasn't authorized by any legislation in B.C."

Companies fined $300K after death

WORK SAFETY The companies building the Canada Line were fined more than $300,000 in relation to the death of a crane operator in January 2008.

WorkSafeBC fined RSL Joint Venture $233,535 and SNC-Lavalin Constructors (Pacific) Inc. $81,808 — two of the highest administrative penalties ever imposed by the provincial body.

Andrew Slobodian was killed on the job when he was crushed between a crane and a parapet wall while installing bike path components on the North Arm Bridge.

"No penalties are adequate when a life is lost, but we hope they can serve to motivate these employers and others to comply with the Occupational Health and Safety Regulation, particularly as it applies to training and supervision," said Roberta Ellis, vice-president of the Investigation Division of WorkSafeBC.

METRO VANCOUVER

News in brief

DRIVING A possible road rage incident led to a grey Chevy pickup truck ending up in a ditch west of the Mary Hill Bypass after it was clipped by a dark pickup truck on Highway 1. RCMP are looking for witnesses.

BACKUP Burnaby RCMP are thanking a Good Samaritan who aided a police officer during an arrest on July 15. After calling for backup, the officer lost his radio while pursuing a wanted suspect. A man picked it up and told of the officer's location.

SHOWS Beginning today, the RCMP Musical Ride will hold five performances at the Thunderbird Show Park in Langley. The shows run until Aug. 1. For info visit thunderbirdshow park.com.

RALLY A rally was held yesterday against "the lack of public space in the Downtown Eastside" by the Vancouver Area Network of Drug Users.

SEIZURE Mounties seized 2,344 marijuana plants from a 100 Mile House property Sunday, RCMP announced.

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Teen charged in killings gets rough welcome in jail
The lawyer for an 18-year-old accused of murdering three sisters and his father's first wife says his client has been attacked by jail inmates, CBC News Online reports. Hamed Mohammad Shafia — charged with his father and mother — got a rough welcome from prisoners at a jail near Kingston, Ont. METRO NEWS SERVICES

Canada

A cold reception

The federal government's tougher new strategy for Canada's North may be just political posturing, an expert suggests. CBC News Online reports Michael Byers of the University of British Columbia says the strategy offers few new initiatives. METRO NEWS SERVICES

Harper gets 'mea culpa'

Newspaper retracts host story

The saga of the missing holy host now has a sequel — a confession.

A New Brunswick newspaper has issued a contrite apology to Stephen Harper for a story that suggested the Prime Minister slipped a Communion host in his pocket during a Catholic funeral mass.

The July 8 story — denounced by Harper as a "low point" in Canadian journalism — sparked criticism that he had disrespected the Catholic faith by not eating the communion wafer.

But the Telegraph-Journal, based in Saint John, yesterday disavowed the tale, saying it "sincerely apologizes" to Harper "for the harm this inaccurate story has caused."

In a rare front-page apology, the newspaper said the story "should not have been published."

"We pride ourselves in maintaining high standards of journalism and ethical reporting, and regret this was not followed in this case," the newspaper said.

The newspaper also apologized to the two reporters who wrote the story, exonerating them.

TORSTAR NEWS SERVICE

Edmonton **Zombie-eyed**

CANDICE WARD/FOR METRO EDMONTON

Zombie Brent Felzien was out at the TransAlta Arts Barn yesterday to help promote the upcoming International Fringe Festival, taking place from Aug. 13 to 23 throughout Edmonton.

Ponzi scheme fraud suspect free on bail

CRIME Earl Jones spent just one night in jail, and is today free on bail.

Jones is accused of defrauding up to 200 investors, many of them elderly, of between $30 million and $50 million in what Quebec's financial securities regulator believes was an intricate Ponzi scheme.

Jones appeared in a Montreal courtroom yesterday in the same collared shirt he had worn the day before when he was arrested at his lawyer's office. Jones, 67, an unregistered financial adviser who practised on Montreal's West Island, did not enter a plea to charges of theft and fraud, but his lawyer indicated yesterday that he would plead not guilty.

TORSTAR NEWS SERVICE

Bail

- Earl Jones paid a $30,000 cash bail deposit to assure release.

News in brief

HEALTH Health Canada has received eight reports of suspected adverse reactions to the antiviral drug Tamiflu intended to treat Influenza A (H1N1), also known as swine flu.

POLITICS Kory Teneycke is stepping down as Stephen Harper's communications director after only a year of holding the senior post.

TORSTAR NEWS SERVICE

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Comment

Fencing in free speech

TheWestView

I'm not sure if it's safe to ask, but I have a question. It's directed at "they," that bunch in charge of Vancouver's 2010 Winter Olympics.

Don't get me wrong. I love watching people go fast down mountains, ski jumps and bobsled courses. I love watching skaters whiz by, blades flashing across the ice, in pursuit of the puck, a world record or a triple Axel.

Basically, I'm happy the world's greatest winter athletes will assemble here in Vancouver in approximately 200 days, ready to do all that fast and fabulous stuff.

But if I was a sworn critic of the Games — and there are plenty — I'd have legitimate cause to protest.

These Games are a mixed blessing: They cost at least $6 billion when all levels of government are pressed to pay for basics like health care, and they require immense patience from We The Rabble, as we are endlessly rerouted, detoured, harassed and otherwise inconvenienced in preparation for the events, which come and go over a mere two weeks.

Anyway, here's the question: Why do we need "free-speech zones" at the 2010 Games? Because that's what we're getting — areas set aside, close to event sites and the media centre, where lawful protest can take place.

I thought all of Canada was a "free-speech zone," as in: "Freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication; freedom of peaceful assembly; and freedom of association." *(Canadian Charter of Rights and Freedoms)*

So why is Vancouver Olympic Committee's 2010 Integrated Security Unit (ISU) containing these fundamental freedoms into what the wags around here call "protest pens?"

What are they afraid of?

And how will protest pens contain that threat, whatever it is?

If we have the right to free peaceful assembly, we should have that right in any public place, too bad if it's in full view of TV cameras ready to beam that discontent around the world, annoying Olympic sponsors who don't want anything to spoil their supreme marketing moment for which they have paid through the nose.

More and more, the real dark side of the 2010 Games is the atmosphere of fear and paranoia coming out of the Games' ISU, which seems compelled to act like the KGB, pulling over Olympic protesters demanding to see their "documents," spying on protesters, installing omnipresent surveillance cameras and building these ridiculous protest pens, which will only serve to motivate protesters in full view of the world.

This is Vancouver, not Beijing, the birthplace of the protest pen.

There, question asked. I hope "they" are willing to cough up an honest answer and not just get it into their heads to pull me over for um, further questioning.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

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Worth mentioning

Big spenders tend to marry big savers: Study

Frustrated by your spouse's spending habits?

It might be why you married them, according to a working paper titled Fatal (Fiscal) Attraction by professors of the Wharton School of Finance and Northwestern University.

"Surveys of married adults suggest that opposites attract when it comes to emotional reactions toward spending," Wharton's Scott Rick and Deborah Small and Northwestern's Eli Finkel wrote.

They found that people who generally spend less than they would ideally like to spend, and those who spend more than they would like to tend to marry each other.

George Loewenstein, a professor of economics and psychology at Carnegie Mellon University, in a separate study called Tightwads and Spendthrifts published last year, found that the degree people feel of a "pain of paying" determines if they are a "tightwad" or a "spendthrift."

Loewenstein's study, conducted with Wharton's Rick and Carnegie Mellon doctoral student Cynthia Cryder, found that the extent to which people said they found a pain of paying strongly predicted their savings and credit card debt, but were unrelated to income.

REUTERS

Word on the street: What would make you give up your car to walk, bike or take public transportation to work?

Jessica Jolley
age 23, Ladner

A: More buses. I'm from Ladner and there's only a bus every hour or half an hour and it's crammed. I'd say just a better transit system.

John Rousseau
age 39, Vancouver

A: Better transit systems ... But it's hard for me to not drive though because I actually sell cars for a living.

Jessica Russel
age 27, North Vancouver

A: If a chauffeur picked me up and drove me to work I'd be willing to give up my car.

Eric Harker
age 23, Calgary

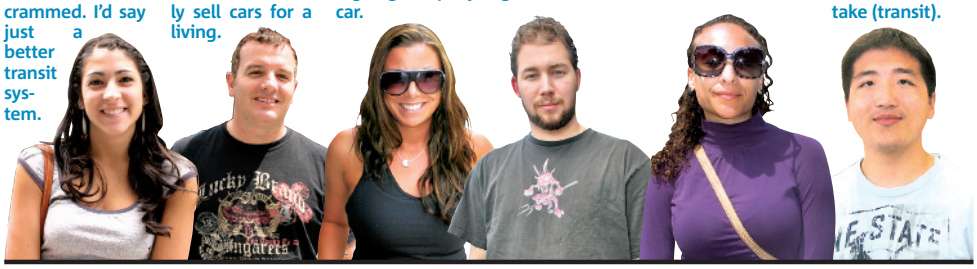
A: I don't think I ever would because of all the stuff I have to haul around like groceries.

Rebecca Blakey
age 20, Ottawa

A: I wouldn't drive a car — I bike. It's better for you physically and better for the environment.

Ian Chen
age 24, Toronto

A: If they could make (transit) more reliable, less crowded, more time efficient ... Yeah, I'd take (transit).



Metro Online Poll Results

63% SAID YES	Do you think the economic recovery makes a fall election less likely? *Weigh in on today's question at metronews.ca*	37% SAID NO

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Mother-to-child transmission of swine flu reported 7

Thai health officials said yesterday that a baby had been born in Thailand with influenza A (H1N1), also known as swine flu, having contracted the virus while still in the womb. REUTERS

World

Brainwashed boys rescued from Taliban

Pakistani security forces fighting Taliban militants in and around the Swat Valley have rescued nearly a dozen boys who were brainwashed into becoming suicide bombers, officials say.

A senior security officer in North West Frontier Province said nine boys were found during raids, while two more had voluntarily surrendered, and an army commander in Swat spoke of more being handed over by their families.

"They have been brainwashed in such a way that they even call their parents infidels," Bashir Bilour, senior minister in the provincial government, told Reuters.

Bilour said the boys were shown films about oppression of Muslims in the Palestinian Territories and Indian-held Kashmir, and were given purported religious instructions to convince them that they would go to heaven if they killed enemies of Islam.

Brig. Tahir Hameed, an officer leading military operations in Mingora, Swat's main town, said the Taliban had forced many families to let them take their boys.

He said some had since returned to their parents, who in turn handed them over to the authorities because of their brainwashed state.

The government was working out how to rehabilitate the boys, aged between nine and 18.

The Taliban has regularly claimed responsibility for suicide attacks carried out by boys in both Pakistan and Afghanistan. REUTERS

Deadly attack

• Yesterday, a suicide bomber rammed his car into a security checkpoint in Pakistan's region of North Waziristan, killing one soldier and wounding two, officials said.

Spain **Web party**

HENO CAVAGLIERI/REUTERS

People surf the web during the annual "Campus Party" Internet users' gathering yesterday in Valencia, Spain. The party is a 13-year-old event where people from several countries share experiences related to computers and communications. More than 6,000 Internet users turned their computers on at midnight yesterday to kick off the week-long gathering.

News in brief

JACKSON Las Vegas police searched the home of Dr. Conrad Murray, Michael Jackson's personal doctor, yesterday as the probe into the star's sudden death increasingly appeared to focus on whether the physician gave him drugs before he died. A U.S. Drug Enforcement Agency spokesman declined to say specifically what agents were looking for, but numerous reports have said that the probe into the cause of the singer's June 25 death has focused on Jackson's use of the powerful anesthetic propofol. REUTERS

15 killed, dozens missing in shipwreck

WEST CAICOS At least 15 Haitian migrants drowned and more than 65 were missing after their wooden sail boat hit a reef and sank off the Turks and Caicos islands, local police and the U.S. Coast Guard said yesterday.

More than 120 people were rescued following the shipwreck late Sunday, and Coast Guard cutters and aircraft were assisting Turks and Caicos authorities in the search for more survivors.

Police in the British territory said 15 bodies had been recovered in waters off West Caicos, a sparsely inhabited island popular with divers and boaters.

A police spokesman said there were conflicting reports about how many people had been on board the wooden sloop. REUTERS

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U.S. Steel reports another quarterly loss

U.S. Steel Corp., which owns former Stelco steel plants across Canada, reported its second consecutive quarterly loss yesterday and said it expected all of its business sectors to operate in the red in the third quarter. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Microsoft, Yahoo to announce search, ad partnership: Source

INTERNET Microsoft Corp. and Yahoo Inc. have agreed to an online search and advertising partnership, in an attempt to rival Google Inc., that will be announced shortly, a source said yesterday.

Microsoft will not pay an upfront fee to Yahoo, and the focus of the deal is on sharing revenue between the two companies, said the source, who did not want to be identified because a formal announcement has not been made.

The news and details of the expected deal were first reported by the AllThingsDigital blog and Advertising Age.

Microsoft and Yahoo declined comment. The two companies have talked for months about co-operating in the online advertising market, dominated by Google. Microsoft tried to buy Yahoo last year but its $47.5-billion US bid was rebuffed and Yahoo's attempt at a search advertising deal with Google fell apart.

Under the expected deal, Microsoft's new Bing search engine will power Yahoo's searches, according to Advertising Age, while Yahoo will handle the advertising sales, using Microsoft technology.

REUTERS

Boost to Bing

- The deal should give Bing a giant boost in competing with Google's engine, which handles 65 per cent of U.S. Internet searches.

Oil merger to bring layoffs

Number of Petro-Can, Suncor job cuts unknown until Aug. 1

Petro-Canada and Suncor Energy Inc. began notifying executives yesterday that they will be laid off following the companies' $22.5-billion merger next month.

The companies have started to tell some senior employees they will not be part of the combined firm once Suncor completes its acquisition of Petro-Canada, a deal expected to close on Aug. 1, spokeswomen for the two companies said.

The final number of staff to be cut won't be made public until the deal is final.

"We have started the selection process but it is subject to the merger closing," said Victoria Barrington, a spokeswoman for Petro-Canada. "We do not know the total number of employees that will be departing the organization."

The merged company will be Canada's largest oil exploration and production firm. Along with a dominant position in the oil sands of northern Alberta, the company will have extensive offshore production from Canada's East Coast and the North Sea, as well as a substantial natural-gas production business.

The company will also have operations in Syria and Libya, but Rick George, Suncor's chief executive, said last week the assets in those countries may have more risk than the firm is comfortable with.

The layoff notices being handed out yesterday were to the executives immediately below those top personnel.

The two firms expect the merger to save $300 million annually from combining operations. REUTERS

Top posts selected

- In April, Suncor detailed which executives will have the top posts in the new company, with most of those roles, including chief executive, chief financial officer and chief operating officer, being filled by Suncor staff.

Canon Profits tumble 72%

YURIKO NAKAO/REUTERS

A woman looks at Canon digital cameras at an electronics store in Tokyo yesterday. Japanese camera and office equipment maker Canon Inc. posted a 72 per cent fall in quarterly profit, hit by slow copier demand, but it raised its full-year forecast by six per cent.

GM, Chrysler exec pay still guarded secret

AUTO Canadians have invested more than $14 billion to save General Motors and Chrysler and now own a part of both companies, but salaries for their top executives here remain a secret.

Spokespersons for the automakers say they are private companies and won't reveal compensation for officials such as president Arturo Elias of GM of Canada Ltd. and chief executive Reid Bigland of Chrysler.

Restructurings and public aid that saved the auto giants left the federal and Ontario governments with 11.7 per cent of GM, after loaning $10.5 billion, and two per cent of Chrysler after contributing $3.8 billion. TORSTAR NEWS SERVICE

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Business in brief

NORTEL DEAL The $1.13-billion sale of Nortel Networks' prized wireless assets to Swedish telecoms equipment-maker Ericsson received the blessing of Canadian and U.S. courts yesterday, with a U.S. bankruptcy judge praising the bidding process. It remained unclear whether the Canadian government will intervene in the deal now that courts have allowed it to go ahead. Ericsson won an auction for the key CDMA and next-generation LTE wireless technology assets of Canada's bankrupt Nortel early on Saturday, beating out Nokia Siemens Networks and private equity firm MatlinPatterson.

TELECOM Rogers Communications slashed its full-year revenue outlook yesterday and said its subscribers were cutting spending, sending its shares down 5.5 per cent. The company earned $374 million, or 59 cents a share, in the second quarter ended June 30. That was up from a profit of $301 million, or 47 cents a share, a year earlier.

MAGNA Canadian auto parts-maker Magna offered to increase the amount of upfront capital it would invest in Opel to about 500 million euros as part of a bid for the GM European unit, several sources said yesterday. REUTERS

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1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

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111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

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11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
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Coquitlam Centre
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5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
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1517 56th St.

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Walnut Grove Town Centre
Willowbrook Shopping Centre
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C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

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Ironwood Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

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Central City Shopping Centre
Guildford Town Centre
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135 - 12477 88th Ave.
30 - 16041 24th Ave.
1675 128th St.
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403 - 15940 Fraser Hwy.
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Simpsons to take up curling

Curling will be getting some prime-time exposure just prior to next year's Winter Olympics in Vancouver as Homer and Marge Simpson take up one of Canada's favourite sports. An episode of the long-running comedy The Simpsons featuring the cartoon power couple playing the game is scheduled to run in early February. METRO NEWS SERVICES

Sports

F1 legend considers return

Michael Schumacher, left, the former Ferrari driver who holds nearly every record in Formula One, would consider coming out of retirement if Ferrari asked the seven-time champion to drive for the injured Felipe Massa, his spokeswoman said yesterday. "If Ferrari approaches Michael, he would think about it," Sabine Kehm told German news agency DPA, adding that it is up to Ferrari to make the first move. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Baseball Nowhere to run to

ROBERT SORBO/REUTERS

Toronto Blue Jay Scott Rolen is caught in a rundown between first and second base by Seattle Mariners shortstop Ronny Cedeno last night in Seattle. The Mariners won 4-3.

Must-win for TFC

Puerto Rico visits Toronto in Champions League opener

It's Called Football

Ben Rycroft

metronews.ca/itscalledfootball

CARLOS OSORIO/TORSTAR NEWS SERVICE

Toronto FC players are seen running drills during practice at BMO field. TFC will play host to the Puerto Rico Islanders tonight as they open play in the CONCACAF Champions League.

As Toronto FC embarks on its bid for the glory of the CONCACAF Champions League tonight, it's become apparent that anything besides an outright win by the Reds at BMO Field will be considered a loss.

TFC knows this. Their opponent, the Puerto Rico Islanders, know this. And that's why you can expect the Islanders to come out and play a bland, boring brand of soccer — the same kind the tiny USL-1 squad rode from its beaches to the semifinals of last year's Champions League.

In this home-and-home series, the Islanders represent a serious threat to Toronto's intentions to move on.

TFC, for all the advances to its attack this season (Pablo Vitti, Ali Gerba, Dwayne De Rosario), is still a squad that is remarkably awkward in its back four.

The counter-attacking goal by Columbus in extra time last weekend caught Toronto exposed, going balls out on the attack, and turned what would have been a solid road point into a disappointing loss.

This is exactly the kind of goal Puerto Rico is capable of scoring. They sit and wait and counter when the opportunity presents itself — then return to their bunkering style, hoping to drag opponents back to the island, down a point and now forced to contend with the stifling heat and humidity.

Puerto Rico didn't defeat the giants of North American football in 2008 by pretending to be something they're not, but they did find a system that works in a home-and-home format. And when a team comes in determined to not play for the win, all the pressure falls to the other squad to perform.

Toronto coach Chris Cummins has won fans this year for his vision to find and adjust formations that break down opponents. Finding one that can bust that bunker without leaving them exposed at the back will be a true test for the coach.

It's Called Football sets up TFC's match with the Puerto Rico Islanders at: metronews.ca/blogs

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

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Robert Kiyosaki will not attend this workshop.

Favre plans to stay retired, Vikings head coach says

FOOTBALL Brett Favre called Brad Childress yesterday and informed the Minnesota Vikings head coach that he will remain retired.

"It was a rare and unique opportunity to consider adding not only a future Hall-of-Fame quarterback, but one that is very familiar with our system and division," Childress said.

According to a report by the Minneapolis Star Tribune, Favre, who turns 40 in October, was not ready physically or mentally for another gruelling NFL season.

Sage Rosenfels and Tarvaris Jackson will now battle for the starting quarterback position for the Vikings.

"[Favre's decision] does not detract from the team that we have," Childress added.

"With this behind us, we look forward to getting to ... getting training camp underway." METRO NEWS SERVICES

Edmonton's Pierse fifth at Worlds

SWIMMING Rebecca Soni snatched gold in the women's 100-metre breaststroke final at the swimming world championships in Rome, Italy, yesterday.

The American, who broke the world record in Monday's semi-final, finished in one minute, 4.93 seconds with Russia's Yuliya Efimova second and Kasey Carlson of the United States taking bronze.

Edmonton's Annamay Pierse finished fifth.

REUTERS

Sports in brief

FOOTBALL Jim Johnson, whose attacking defences helped the Philadelphia Eagles to one Super Bowl appearance and five NFC title games, has died. He was 68. Johnson had taken a leave of absence from the team in May as he battled a cancerous tumour on his spine.

HOCKEY The Carolina Hurricanes yesterday bought out the remaining year on the contract of defenceman Frantisek Kaberle. He would have made $2.2 million US.

GOLF General Motors Co. will end its run as sponsor of the Buick Open golf tournament as it focuses marketing dollars on its cars and trucks.

METRO NEWS SERVICES

Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

Durham on the rise

Oshawa, Ont.'s Durham College is reporting a 5.28 per cent increase in applications to the school for fall studies over this time last year. Preliminary figures indicated 4.86 per cent in the number of students confirming Durham as their first choice. The college expects overall enrolment to rise to approximately 6,600 students, along with an estimated 1,600 apprenticeship students, for the 2009-10 school year. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

From Spielberg to SafeStart

CHRIS ATCHISON
for Metro Canada

Larry Wilson would be the first to admit that his career path is far from typical — he might even call it downright extraordinary.

Wilson, vice-president of Belleville, Ont.-based safety training firm Electrolab Training Systems Limited, spends much of his time touring the world, espousing the virtues of simple concentration techniques to avoid injuries both at work and at home. But in the 1980s, the father of four was better known for gracing the covers of international magazines such as Gentleman's Quarterly, posing for Italian fashion designer Valentino and making the occasional appearance on daytime soap The Young And The Restless.

So, what would prompt a young man in his late-twenties, with matinée idol looks and a highly-successful career, to turn his buff back on quasi-celebrity status to become a safety guru?

"I still have long talks with myself about why we had to leave L.A.," Wilson deadpans from his part-time base in Whistler, B.C. "Was it really that bad? Just because it was shallow and vacuous?"

Indeed, Wilson lived the high life, hobnobbing with the likes of pop-art icon Andy Warhol, mingling with film and TV royalty, and earning upwards of $1,000 per day for his acting and modelling efforts. The 52-year-old recalls his most memorable audition, with Jaws director Steven Spielberg.

"He flips me this hat," Wilson remembers, "takes out a Nikon, puts me up against a wall and shoots a half a roll of film. The guy knew what he was doing." The baby-faced actor had the good looks, but lacked the facial maturity Spielberg sought. Much to Wilson's chagrin, the role of Indiana Jones went to Harrison Ford, instead.

It was around this time that he began to tire of L.A.'s decadent scene. Wilson continued modelling for a few years before returning to Belleville at age 29 to put his charismatic talents to work for his father's firm, Electrolab, where he began teaching safety strategies to veteran factory workers.

By winning workers' trust and sharing stories, he discovered how they were really injuring themselves on the job. Injuries, he observed, were caused by people who were rushing, frustrated, fatigued or complacent. Over the course of several years he drew on those experiences and designed a new system for injury prevention called SafeStart. The result? According to Wilson, companies that employ the program reduce workplace injuries by an average of 60-90 per cent over two years.

Electrolab now boasts annual revenue of $20 million — 70 per cent of which is derived from Safe Start seminars — and the program has been expanded to include a kids' element to help tots avoid unnecessary accidents.

That's why Wilson has no regrets about leaving such a glamorous past behind. Preventing injuries, he's found, is far more rewarding than posing for photo shoots.

"No one, no matter their attitude, is ever trying to get hurt and this is one area where I make a difference."

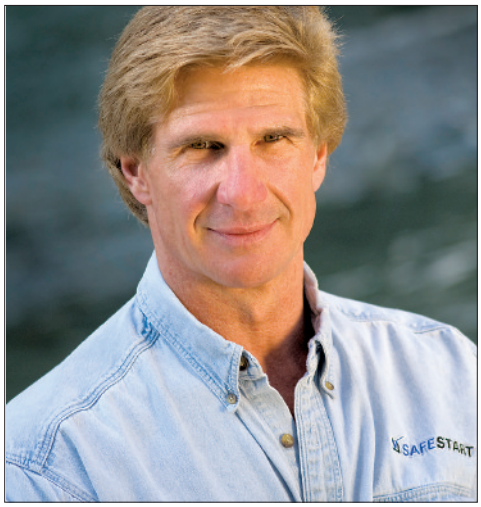

PHOTO SUBMITTED

Leaving a glamorous Hollywood career behind him, Larry Wilson decided to tackle workplace safety in his hometown of Belleville, Ont.

"I still have long talks with myself about why we had to leave L.A. Was it really that bad? Just because it was shallow and vacuous?" SafeStart pioneer Larry Wilson

Zero dollars to 22 Minutes in a career

Backstage Pass

JON TATTRIE
for Metro Canada

The first funny writing Albert Howell did was for his 1,000-word application to law school. He wrote: "I like law because…"

He then realized that he in fact did not like law, and decided to become a TV comedy screenwriter instead. Today, he puts his political science degree to good use writing for CBC's This Hour Has 22 Minutes, but it was a long trek to get there. In the early years, he put the "free" in "freelance."

"That's always a great filter to see whether someone is serious or not: How long they will do it for free," he says. "People usually get tired of it after a couple of months."

Howell stuck it out for three years, supplementing his income by doing improv with Loose Moose Theatre in Calgary for an amazing $30 a night.

"To me at the time, that was amazing. Oddly enough, things haven't changed," he jokes. He kept at it because he loves story telling. "It just turned out they always ended up being funny. They weren't always intentionally funny, but they made people laugh, so decided to call it comedy, to say 'Yeah, I meant to make people laugh.' Inside, a single tear is falling down my cheek."

Howell, who has written for Second City and appeared on Little Mosque on the Prairie, lives and works in Toronto in the summer and moves to Halifax for the September-to-March 22 Minutes season. He relished the pace of a weekly live show.

"It's always more fun when there's a deadline," he explains.

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

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Smoother turns
Nissan has developed a new system, called Navigation-Cooperative Intelligent Pedal, that helps drivers make smooth turns by synchronizing the vehicle's navigation, engine, braking and steering systems. METRO NEWS SERVICES

Metro Drive

Car for the blind

Virginia Tech undergrads in the U.S. have remodelled an all-terrain buggy to create a car the blind can drive. The semi-autonomous vehicle uses a laser range finder, voice software and other sensory technology to steer itself. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

2010 Taurus takes charge

JIM ROBINSON
for Metro Canada

2010 Ford Taurus

Type: Full-size sedan
Price: from $29,999
Engine: 3.5-litre, DOHC V6 (263 hp, 249 lb/ft).
Fuel Economy: FWD, 11.6/7.2L/100 km city/highway; AWD, 12.3/7.9L/100 km city/highway

Highlights

- Costs less than 2009 model
- Comfortable ride
- Impressive tech features

The 2010 Taurus is the new Ford flagship.

The interior of the 2010 Taurus is liberally lined with soft touch materials.

The first generation Taurus (including the Mercury Sable) was one of the most popular cars Ford ever produced. Coupled with the simple, but reliable, Ford Tempo / Mercury Topaz, Ford's coffers swelled and they went on a buying spree gobbling up Volvo, Jaguar, Aston Martin and much of Mazda.

Then things went pear shaped. There are many theories of what went wrong in Dearborn, but Carlos Ghosn, the miracle worker who turned Nissan around, has said there is no such thing as good management and bad results, which pretty well sums up where Ford was at the turn of this century.

More recently, the economic and domestic car meltdown has since separated the wheat from the chaff. That Ford did not put its hand out for government aid was reassuring to a lot of consumers who have now changed their minds about Ford.

At the press introduction of the 2010 Taurus lineup, Ford used the phrase "the car that changed America's view of sedans" to describe it. And that's what Ford is hoping will happen again with its full-size flagship sedan.

The core message at the press launch in North Carolina was the Taurus offers more, but costs less then its competitors. In fact, the base 2010 Taurus SE at $29,999 is $2,000 less than its own 2009 SE.

Ford also made a big thing at the preview about Taurus having more technology features (10 of them class exclusive) than premium luxury cars they benchmarked like the Audi A6 and Lexus ES350.

Some of these are Adaptive Cruise Control and Collision Warning with Brake Support, BLIS (Blind Spot Information System) with Cross Traffic Alert, MyKey and SecuriCode with its Keyless Entry Keypad.

The 2010 Taurus is a full-size car in every sense. Its multi-curved sheet metal takes away some of this visually, but it will fill a normal garage.

The interior, even on the base car, will surprise you. Soft touch trim abounds and the trim fits are as good as the Lexus.

Power is a 3.5-litre DOHC V6 producing 263 hp and 249 lb/ft of torque on regular gasoline. There is a twin-turbo EcoBoost version of the 3.5-litre producing 365 hp and 350 lb/ft of torque but it is only available on the Taurus SHO featured separately on these pages.

Out on the highway, the big Taurus was where it was meant to be, clicking off mile after mile in sixth. For covering long distances in comfort, this car is hard to beat. And it's quiet too thanks to things like triple seals and acoustically laminated windows.

Eat, drink, be merry and wary

We're now deep into the so-called dog days of summer.

Not to totally bum you out, but I do want to remind you that Statistics Canada reports that deaths by motor vehicle accidents (MVA) spike during warmer weather.

Its 2000-2004 study revealed about eight Canadians died each day in MVAs. Deaths peaked in August 2004, with an average of more than 10 fatalities each day.

Some of the causes of accidents seem mostly evil, like drinking and driving, speeding, recklessness, etc. But lots of other causes are less evil and even somewhat comical.

The CAA says, and I quote, "Far too many accidents have been caused by people trying to avoid getting crumbs or mustard on their pants ... Many more accidents have been caused because a lid popped off a drink or was spilled on a driver's lap." The automakers spend all this time and effort giving us air bags and ABS brakes when all we need are aprons.

Also high on CAA's list of leading causes of accidents is the distraction caused by trying to find and insert CDs and/or or changing radio stations. The CAA advises to insert a CD before you head out, have several mixed CDs at the ready for longer trips, and/or delegate DJ duties to passengers.

I would also highly recommend taking the shrink wrap off new CDs before you head out — because you'll never find that semi-mythical "starter tab" while you're also trying to drive, and then you'll need something like an ice-pick to pierce that shrink wrap, and who has one of those handy in the car? And anyway, why are CDs more tightly wrapped than processed meat? Come on guys, let's loosen things up a bit.

Distraction by any means is becoming a real mover and shaker in the world of car accidents. That's why cellphone use is under such scrutiny.

Researchers have also noticed that on high-speed routes in Europe there is not a corresponding increase in accidents and/or an actual decrease in accidents. They figure these drivers are more engaged and therefore less prone to distraction.

Keep that in mind during boring stretches of highway. Keep engaged and alert. Maybe wear a NASCAR cap and pretend you're Tony Stewart.

I was surprised that "tiredness" was not on the CAA's list of 10 leading causes of car accidents, because driving off the highway is never a small incident.

I love comedian Ray Romano's take on how easily we recover after we've just realized that we actually drove with closed, sleepy eyes for a nanosecond or two. We almost got killed, but we just drive on like nothing happened. He said it would be like noticing you've just missed a stray bullet in your bed, then rolling over and going back to sleep.

Anyway, keep thinking good thoughts and have a safe summer of driving.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

On the road

10 Leading causes of car accidents ... and some tips to avoid them:

- Cellphone use: Users are four times more likely to cause an accident.
- Changing CD/radio: Let passengers play DJ.
- Eating in the car: Don't place drinks between your legs.
- Rubbernecking: Surprisingly, many accidents occur near or around current accident scenes.
- Drinking and driving: Don't drink and drive (duh).
- Drug use: Prescription and recreational.
- Driver distraction: Be wary of children and animals in the car.
- Speeding: Especially in residential areas.
- Recklessness: Be on the lookout for jerks and stay clear.
- Shoddy road maintenance: Be on the lookout for large sink holes. SOURCE: CANADIAN AUTOMOBILE ASSOCIATION

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How low will they go?

Irish airline Ryanair sees no end to the constant lowering of its fares and no need to acquire any rivals to continue to grow, Deputy Chief Executive Michael Cawley has said. "We still have only 10 per cent of total market in Europe so there's plenty of scope for us to reduce fares to stimulate that growth." REUTERS

Travel

Poolside reservations

German tourists can now reserve their poolside recliners before they have even left home. The German arm of travel company Thomas Cook has been deluged with inquiries since announcing that holidaymakers at nine hotels in Turkey, Egypt and the Canary Islands can book recliners in advance for a fee. Germans are famous around Europe for rising early to reserve recliners near the pool with their towels, and then going back to bed or eating a lengthy breakfast. REUTERS

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A taste of London's museums

The city's gallery now offers a sophisticated dining experience

EMMA E. FORREST
Metro World News

Left, the newly refurbished Portrait Restaurant at the top of the National Portrait Gallery. Right, the Upper Deck at the London Transport Museum.

Traditionally, having a bite to eat in a London museum never meant anything more sophisticated than an expensive cheese sandwich or a wedge of sponge cake.

However, the restaurants in the city's cultural storehouses are now becoming dining destinations in themselves, some with tremendous views of city landmarks.

The newly-refurbished Portrait Restaurant, at the top of the National Portrait Gallery on Trafalgar Square, has amazing views over the city, taking in Nelson's column, the London Eye, the Houses of Parliament and Big Ben. It's a romantic place for a dinner date, with lights twinkling from London's most famous sights.

The food is pretty impressive too, with a fine dining menu of dishes that use local, seasonal and organic ingredients. Starters include Monmouthshire air-dried ham with a fried duck egg; mains including plaice with brown shrimp and lemon and horseradish butter.

During the daytime you can feast on a traditional afternoon tea with sandwiches, hom made cakes, biscuits and scones with jam and clotted cream (from about $30 for two courses, npg.org.uk/live/portrest).

The neighbouring National Gallery is home to 2,300 of the most famous works of Western European art including Van Gogh's Sunflowers — as well as a great restaurant, the National Dining rooms.

This is a relaxed but sophisticated dining experience, with fun twists on typical British dishes using local, seasonal ingredients.

There's a choice of fine dining or the brasserie-style menu in the Bakery with comfort food including beef and ale stew, shepherd's pie, quiches, hot pies, and homemade cakes.

Exotic dishes on the à la carte menu include crab, pea and samphire salad; Newlyn lemon sole with mussels, leeks, sorrel and wild nettles; and Eton mess or Elderflower posset for desert.

Each month, the chef celebrates a different British county, bringing you fresh produce and classic modern dishes from the region. (from $9, thenationaldiningrooms.co.uk).

For views of a different London icon, dine at the Blueprint Café, the restaurant at the Design Museum where you can watch boats cruise down the Thames and under the majestic Tower Bridge. Follow your visit to an exhibition at the museum about a key design movement, architect or fashion designer with a dinner that celebrates the best of British dining.

You know it's an exciting dining experience when there are ingredients on the menu that are so recherché that you won't recognise them — the chef here is inspired by historic English and Scottish dishes.

There are also plenty of more straightforward options, from chicken and rabbit pie to grilled loin of Middle White pork, all to be enjoyed as you watch the Docklands and the City of London using the binoculars that you'll find on your dining table (from about $27 for two courses, blueprintcafe.co.uk).

For another romantic option, the restaurant at the Wallace Collection is a good bet. The museum based in a historic London town house has a wonderful collection of French 18th century Old Masters, furniture and porcelain featuring cherubs and elegant ladies in billowing satin frocks.

You'll find the brasserie-style restaurant in the grand, glass-covered courtyard at the heart of the building, where you can have a very affordable salad or terrine for lunch, or splash out on oysters and caviar (from $12, wallacecollection.org).

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Train trial marks three-year countdown to London Games

RAIL TRAVEL Britain's Olympic organizers marked the three-year countdown to the London 2012 opening ceremony Monday with a first time trial of the train that will ferry spectators between the city center and the Olympic Park.

The Javelin train, which will carry 25,000 spectators per hour during the Games, arrived at Stratford International station, in east London, slightly ahead of schedule, in less than seven minutes.

"All the infrastructure we said we would deliver for the Games operations as far as transport is concerned is coming to fruition, and by this time next year it will be all completed, well in time for the Games," said Hugh Sumner, director of transport at the Olympic Delivery Authority (ODA), responsible for building the Games' venues and infrastructure.

Construction on the Olympic Park, the largest building project in Europe according to organizers, is also on track to be completed ahead of schedule, with building on five of the main venues under way.

The external structure of the bowl-shaped main stadium is finished and the wave-shaped roof on the Zaha Hadid-designed aquatics center, one of the most architecturally dramatic features of the Park, is more than half done.

"Even now the world can witness the immense skills and technical expertise that is transforming wasteland into a brand new quarter for our great city in breathtaking time," said London Mayor Boris Johnson.

Increased venue costs have contributed to the overall Olympic budget spiralling from the initial estimate of 2.4 billion pounds ($4.3 billion) to 9.3 billion pounds. REUTERS

>> Continued from page 14

Well-curated menus at London's museums

And if you're looking for something more informal, visit the Upper Deck at London Transport Museum in Covent Garden.

After learning how the London Underground was used as a bomb shelter during the Second World War, you can snack on high-quality, typically British bites for lunch including cheese on toast, fish-finger sandwiches with organic ketchup or Cumberland sausage sandwiches, followed by brownies or treacle tart or an Underground-themed smoothie.

Decide to go for dinner in the evening after a hard day of cultural appreciation and you'll be able to chill out on the benches upholstered in a "moquette" fabric design based on the pattern used on the Northern line in the 1930s.

Wash down your dinner with an underground-inspired cocktail including the Routemaster, Anorak or Metropolitan Mixture. (from $5.50, ltmuseum.co.uk).

At the Blueprint Café, the restaurant at London's Design Museum, you can watch boats cruise down the Thames and under the majestic Tower Bridge.

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Most notorious hotel room

According to travelandleisure.com, the world's most notorious hotel room is the 13th-floor Everglades suite at The Biltmore Hotel, Coral Gables, Fla., where Al Capone ran a speakeasy during Prohibition in the 1920s. REUTERS

5 favourite high-fashion hotels

Clothing designers put their stamp on accommodations

EMMA E. FORREST
Metro World News

Recently, we profiled five hostels around the world that are known for bringing design savvy into the realm of low-cost accommodation.

Now, we're tossing the budget out of the window, and peering into the world of fashion designers who have translated their prowess with clothing and housewares into stylish accommodation.

Above, interiors at Edinburgh's Hotel Missoni, the first hotel the fashion brand has collaborated on.

A view of the lobby at Edinburgh's Hotel Missoni.

Hotel Missoni, Edinburgh

The designer: Rosita Missoni
The concept: According to Rosita Missoni, the three vital elements at this hotel are the espresso machine, the Missoni bathrobes and toiletries and a large Corian seat in the walk-in rain showers.

The hotel is stylish and chic, but who knows who's going to stay there, apart from British celebrities during Edinburgh Festival or Film Festivals in August, or extravagant shopaholics on a weekend break — Scotland is not particularly known for its fashion scene.
The style: The fashion house is known for its use of coloured prints — stripes and zig-zags and in bright colours — in its collections as well as its homeware, so expect them to run through the hotel too. Rooms are punctuated with walls of mustard, turquoise or fuchsia.
The site: hotelmissoni.com

Hotel du Petit Moulin, Paris

The designer: Christian Lacroix
The concept: Sadly, French designer Christian Lacroix's fashion house went into administration earlier this year, but you can still celebrate his trademark flamboyant style at this bijou hotel in the heart of Paris. The theatrical designer transformed this pretty former 17th century bakery with a flourish of bows, acres of brightly-coloured fabrics, and his own personal collages and sketches, proving that he did actually get his hands dirty with this customization job.
The style: 18th century-inspired, with exotic murals, gilt mirrors, sumptuous soft furniture, luxurious furniture in deep jewel colours.
The site: paris-hotel-petitmoulin.com

The Pelican, Miami

The designer: Diesel
The concept: Italian high street jeans brand Diesel has made its mark on Miami's lively Ocean Drive with its first hotel venture, housed in the historic Art Deco Pelican Hotel.

In true Diesel style, the hotel is casual and playful, and all 30 rooms are individually-customized by a Swedish interior designer, including a penthouse with rooftop hot tub, 50-inch flatscreen TV, huge round bed and giant fishtank.
The style: Kitsch and fun flea market finds, with themes including the trashy-boudoir-style Best Whorehouse, jungle-look Me Tarzan, you Vain and ranch-inspired High Corral, OK Chaparral, each with their suggested soundtrack.
The site: pelicanhotel.com

Hotel Bulgari, Milan

The designer: Bulgari
The concept: This 58 room hotel designed by the upscale Italian jewellery brand is one for the wealthy grown ups. The link to the jewellery is the high-end but understated styling, designed to suit the typical Bulgari client, who expects the finest of everything — from their tailored suit, to their Michelin-starred dining and Wally yacht. They'll be able to broker deals in the glamorous cocktail bar, chill out in the city's only hotel garden and hire a Ferrari if they need some appropriate wheels. Bulgari also has a handsome cream-coloured resort in Bali.
The style: Mature, formal and masculine, with black marble floor, contemporary art throughout and sophisticated neutral black, brown and beige tones in the rooms.
The site: bulgarihotels.com

Palazzo Versace

The designer: Versace
The concept: Donatella Versace was the pioneer of the fashion hotel, and launched this glitzy property in 2000. As you'd expect it's a riot of glamour, large, over the top, with giant chandeliers, marble columns, and of course plenty of gold Versace homeware from crystal glasses to plates featuring the trademark Roman head. Right on the beach, with its own marina. signed by Versace.
The style: classic Italian seaside style, with lots of marble.
The site: palazzo versace.com

More options

Alberta Ferretti at Carducci 76, Rimini, Italy
• A stylish 38-room hotel in a 1920 villa overlooking the beach in the village of Cattolica, near Rimini. The Italian designer puts her trademark delicate touch to a calm interior; carducci76.it.

Philip Treacy at The G Galway, Ireland
• As you'd expect from a hotel designed by a milliner best known for his extravagant designs, there's an emphasis on opulence and glamour at this five-star Irish boutique hotel; theghotel.ie.

Gardener still Desperate
Jesse Metcalfe is returning to Wisteria Lane — he's reportedly signed up to reprise his role as hunky gardener John Rowland on hit TV show Desperate Housewives. FEMALEFIRST.CO.UK

Entertainment

Splitting up
Just two months after hinting they might be getting married, Kim Kardashian and football player Reggie Bush have called it quits, her rep confirms to People magazine. METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

A history of conflict, violence

CHRIS ALEXANDER
for Metro Canada

As a new film about the history of violence in Northern Ireland is about to hit theatres across Canada, tension and riots in the region — The Independent has called it the worse violence in a decade — are again making headlines.

Last week, rioters in north Belfast clashed with police in the newest wave of violence, which comes as the film Fifty Dead Men Walking is set to open across Canada.

The volatile life of Irish born Martin McGartland is and epic tale of intrigue that begs for big screen treatment.

McGartland was barely

Movie feature

out of his teens when he fell in with the IRA and, after witnessing their less than kind methods first-hand, decided instead to become an informer for British intelligence, immersing himself in a dangerous and terrifying double existence that he barely lived to tell about.

But tell he did, and McGartland's 1997 autobiography Fifty Dead Men Walking has now been turned into a film, written and directed by Canadian filmmaker Kari Skogland (The Stone Angel).

Fifty Dead Men Walking begins screening across Canada on Friday.

The film stars 21's Jim Sturgess as McGartland and Grindhouse's Rose McGowan as his long suffering — and oblivious — girlfriend. They're two actors who have been cast against type with surprising results.

"That's why I wanted to do it," says Skogland of her off kilter choices. "I think Jim brings that boyish intensity that I wanted Martin to have for this period in his life and Rose was just fantastic."

Since his cover was blown, the real McGartland has been living in hiding from the IRA since the early '90s, even surviving a recent gunfire attack at his home that many — including Martin — believe was an assassination attempt.

"He will always be in danger," says the filmmaker, "he'll never be able to emerge. I actually never even met him, we had to only have a conversation on the phone because of how perilous the situation is."

And although McGartland's story commands a hot bed of controversy, Skogland is adamant that her film isn't only grounded in politics.

"I used the book as a template to tell a story of humanity, of an average kid caught in an extraordinary situation."

Northern conflict

Other films about the conflict in Northern Ireland:
- In The Name of the Father
- Bloody Sunday
- Ryan's Daughter

Jim Sturgess plays Martin McGartland in Fifty Dead Men Walking.

In brief

CASTING Jon Hamm and Rebecca Hall are starring opposite Ben Affleck in The Town, a romantic crime thriller that Affleck also is directing. The project from Warner Bros. and Legendary Pictures is an adaptation of the Chuck Hogan novel Prince of Thieves, whose story follows the relationship between a bank manager, the career criminal (Affleck) who stole her heart, and the dedicated FBI agent trying to bust the crook and his gang.

MUSIC Some of the most highly anticipated albums of the summer have been delayed, including Mariah Carey's Memoirs of an Imperfect Angel, Sean (Diddy) Combs' Last Train to Paris and Lil Wayne's rock and roll album Rebirth. Carey's Memoirs, first slated for an Aug. 25 release via Island Def Jam, will instead be available Sept. 15, according to the Universal Music Group business-to-business website. REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/29/09	251	308	3 CBC	Coronation St.	Jeopardy!	Dragon's Den (CC)		The Tudors (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Psych (N) (CC)		D. Richards	Kendra (N)	Kardashians	Candy Girls	News
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Corner Gas	Hollywood	So You Think You Can Dance Top six. (N) (CC)				CSI: NY "No Good Deed"		News
	-	-	10 OMNI	The Daily	Frasier (CC)	Stargate SG-1 "Legacy"		Third Watch (CC)		Scrubs (CC)	Discovering	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout Couples compete.		(:02) In Plain Sight (N) (CC)		The Philanthropist (N) (CC)		News
	256	389	12 VI	The Road to Avonlea		Old Christine	Gary Unmarr	America's Got Talent (N)		Monk Submarine death. (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		Goode Family	Surviving Sub.	Japanese Game Show		Murdoch Mysteries (CC)		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	America's Next Top Model		America's Next Top Model		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds "Mayhem"		CSI: NY "No Good Deed"		News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent (N)		The Philanthropist (N) (CC)		KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	Grocery Bag	Grocery Bag	Love It or List It		Don't Cry Now (2007, Drama) Jason Priestley.		
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	Wipeout Couples compete.		Japanese Game Show		Primetime: Crime (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Addicted to Love ★★ (1997) Meg Ryan, Matthew Broderick.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	West Coast	Time Team America (N) (CC)		Ascent of Money (N)		Wide Angle (N) (CC)		MI-5 (CC)
	290	382	28 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance Top six. (N) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	29 PBS	Wide Angle (N) (CC)		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Time Team America (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Work Home	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	America's Next Top Model		America's Next Top Model		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	46 STR	News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	Geologic Journey		CBC News: The National (N)		CBC News: The National		Geologic Journey		National
	500	500	38 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	42 RSP	MLB Baseball		Baseball	MMA Conn	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	(6:30) MLS Soccer All Star Game -- Everton vs. MLS All-Stars.				SportsCentre	Billiards: 2008-Trick Shots		X Games	SportsCentre
	411	457	43 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	44 SCR	Soccer Asia Trophy -- Beijing Guo vs. Hull City. (Taped)				Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	45 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Thunder	Pinks Out	Pass Time	Pass Time	Wrecked
	416	409	144 GLF	Toronto FC	MLS Weekly	Toronto	Gol TV News	Toronto	Toronto-Today	Paid Program	Gol TV News	Gol TV News
family	552	543	48 YTV	In Real Life "Dirty Jobs"		Malcolm-Mid.	Futurama	Survive This	Adrenaline	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	Father	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	The Pacifist Who Went to War		Feast India	Feast India	The Firebird (N) (CC)		Yo-Yo Ma: Inspired by Bach		Hockey
	575	583	20 CMT	Hope & Faith	Hope & Faith	Karaoke Star Junior (CC)		Karaoke Star	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Making Band	Technical Diff.	One Tree Hill (CC)		Making His Band (CC)			Shot at Love-Tila Tequila	
	600	564	29 H&G	House	House	Holmes	Holmes	Hid Potential	Property	City	The Stagers	House
	615	520	31 A&E	Bounty Hunter	Bounty Hunter	Tattoo High.	Tattoo High.	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter (CC)		Bounty Hunter
	628	584	32 SPKE	(6:00) UFC Fight Night				CSI: Crime Scene Invstgtn.		Disorderly Conduct: Video		Disorderly
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		The Tiniest Toddlers (CC)		I Didn't Know	I Didn't Know	Toddlers & Tiaras (CC)		Dress
	616	522	39 SHO	The Outer Limits (CC)		The Guard "Zero Footprint"		Abducted (CC)				House (CC)
	620	523	40 BVO	On Screen (CC)		Law & Order "Excalibur"		Without a Trace (CC)		Smash-Up: The Story of a Woman ★★★		
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	42 DIS	Mayday "Lost" (CC)		Daily Planet (CC)		Mayday "Lost" (CC)		Mighty Ships "MV Resolution"		Deadliest
	522	506	44 HIS	NCIS "Blowback" (CC)		Cities of the Underworld		Ice Road Truckers (CC)		NCIS "Blowback" (CC)		Nuclear
	627	528	45 SPC	Stormworld	Grand Star	Stargate SG-1 "Avalon"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	House-Payne	House-Payne	House-Payne	House-Payne	Sex and-City	Sex and-City	The Great Outdoors ★★ (1988) Dan Aykroyd.		
	619	525	48 TROP	The Crow: Stairway to Heaven		What	What	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	49 FN	The Next Food Network Star		Opening Soon	Opening Soon	Unwrapped	Unwrapped	Diner, Drive-In	Diner, Drive-In	Next Star
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Jon Dore	Tosh.0 (N)	Daily Show
	320	621	60 CEN	(6:25) A Teacher's Crime (CC)		Fireproof ★★ (2008, Drama) Kirk Cameron. Premiere. (CC)				(:05) Hellboy II: The Golden Army ★★★ (CC)		
	581	566	101 MTV	The Real World "Cancun" (N)		MTV Live	After Show	True Love	The X Effect	The Real World "Cancun"		MTV Live
	261	394	102 V	Recreat. Eden	Prenup	Poltergeist: The Legacy		It Runs in the Family ★★ (1994) Charles Grodin. (CC)				Paid Program
	-	-	105 MUL	Banquet	Kingdom-Wind	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Travel TV	Patrol World

critics'corner

The New Adventures of Old Christine
New Christine (Emily Rutherfurd) is a party animal — who knew? In this episode, Christine and Barb (Julia Louis-Dreyfus, Wanda Sykes) throw an impromptu bachelorette party for New Christine in Las Vegas and are shocked to see just how thoroughly she sheds her inhibitions. Heck, it surprises her, too. Clark Gregg also stars in "What Happens in Vegas Is Disgusting in Vegas." 8 PM on CBS

The Philanthropist
Teddy and Dax (James Purefoy, Michael Kenneth Williams) search for an identity thief when charitable donations are fraudulently charged to Teddy's credit card, following a trail of receipts through ritzy hotels, strip clubs and tattoo parlors. Philip and Olivia (Jesse L. Martin, Neve Campbell) make a devastating discovery concerning the fiscal health of the foundation in the new episode "San Diego." 4 PM on STR

Baby for Betty star

Ugly Betty star Ashley Jensen, 38, and her husband, actor Terence Beesley, are expecting their first child in the fall, a rep for the actress confirmed exclusively to People. METRO NEWS SERVICES

Celebrity Buzz

Madge love letters for sale

THE PAST COMES BACK Someone's hitting the auction market with love letters Madonna sent to an ex-boyfriend back in the early '90s, according to Page Six.

In the letters, faxed from various hotels to James Albright — who was a bouncer at NYC nightclub Limelight at the time — Madonna compliments herself on her figure.

"Just watched the HBO special. It was OK," she wrote in one letter. "My booty looked good and you should see how good it looks in person. It looks Bootyful!"

Bidding for the letters starts at $3,000 US, and answering-machine tapes containing messages the singer left for Albright are on the block for $25,000. The identity of the seller is unknown.

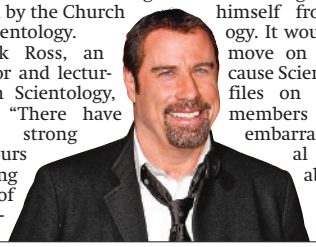
METRO WORLD NEWS

Still Scientologist, John says

DENIAL John Travolta has denied he has abandoned Scientology, femalefirst.co.uk reports. The 55-year-old actor was rumoured to have grown disenchanted with Scientology after the death of his son Jett in January.

But his representative Paul Bloch claims the star's faith is as strong as ever. Bloch told People magazine: "There's no change in the relationship between the Church of Scientology and John. He is a member and it's as it was, now and forever."

Jett was 16 years old when he died after suffering a seizure in the family's Bahamian holiday home. He was autistic, a condition not recognized by the Church of Scientology.



Rick Ross, an author and lecturer on Scientology, said: "There have been strong rumours coming out of Scientology that John Travolta is disappointed the religion was not able to help his son more.

"I think it would be very difficult for John Travolta at this stage to extricate himself from Scientology. It would be a huge move on his part because Scientology keeps files on its celebrity members containing embarrassing personal information about them."

METRO NEWS SERVICES

Nude life with the Radcliffe family

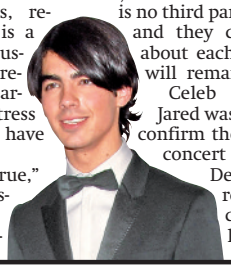
REVEALING Actor Daniel Radcliffe didn't mind stripping down for his Broadway show Equus last year. "I grew up always walking around naked," the 20-year-old told British gay magazine Attitude. "I've seen my mom naked, seen my dad naked. I don't actively seek to find them naked but it's never been a particularly big deal."

METRO WORLD NEWS

Tweens: Joe is single again

BAD FOR HIM, GOOD FOR THEM Teen girls, rejoice: Joe Jonas is a single man, usmagazine.com reports. The 19-year-old singer and actress Camilla Belle, 22, have called it quits.

"Yes, it's true," Belle's rep told usmagazine.com. "(Joe and Camilla) have broken up. There is no third party involved and they care deeply about each other and will remain friends."



Celeb blog Jusjared was the first to confirm the split. At a concert Sunday in Detroit, Jonas reportedly changed the line "Get a rep for breakin' hearts, now I'm done with superstars" to "Get a rep for breakin' hearts, now I'm done with movie stars."

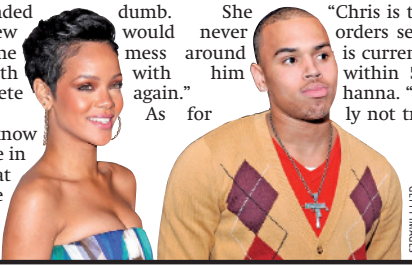
The two met last year on the set of music video Lovebug. Jonas split with Taylor Swift soon after meeting Belle, but insisted he "never cheated on a girlfriend."

METRO NEWS SERVICES

Rihanna and Chris have run-in?

HAIRY SITUATION Rihanna and Chris Brown ended up at the same New York hotel at the same time recently, but both claim it was a complete coincidence.

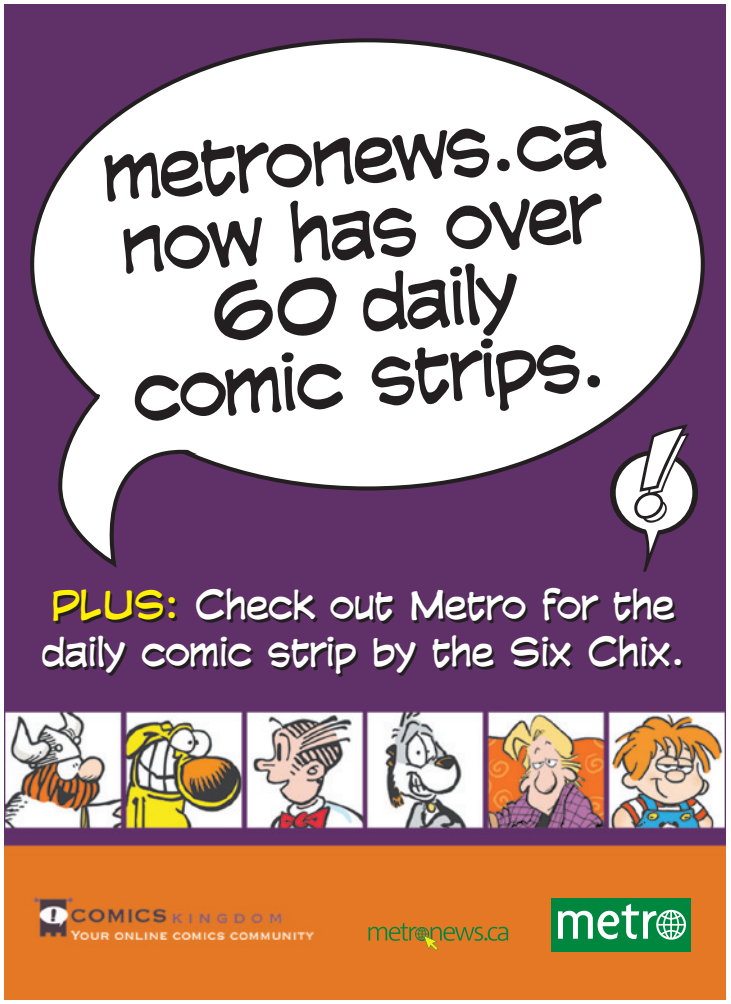
"Ri didn't even know Chris was going to be in town, much less that he was in the same hotel," a source close to Rihanna told Gatecrasher. "She's not dumb. She would never mess around with him again."



As for Brown, a source said, "Chris is taking the court orders seriously." Brown is currently not allowed within 50 yards of Rihanna. "He has definitely not tried to see her."

METRO WORLD NEWS

GETTY IMAGES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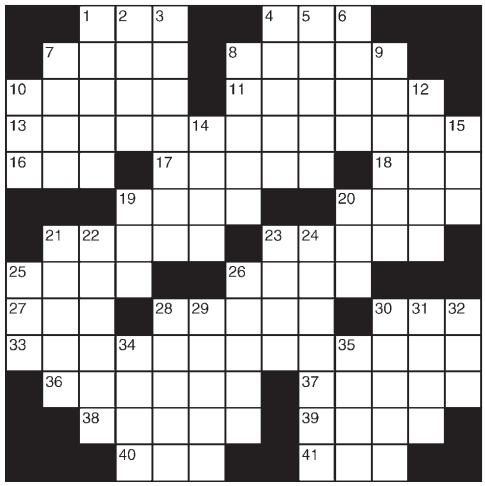
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1				6	3	9		2
8	6						1	
				4	2		6	
	5					8		
			9		5			
		6					2	
	7		5	9				
	8						7	9
2		4	6	7				3

ACROSS

1 Shell-game need
4 Whale group
7 Family
8 Less believable, as an excuse
10 With eyes wide open
11 Islands near Portugal
13 Government official
16 Links prop
17 Search
18 Cattle call?
19 Perry Mason portrayer
20 Ponce de —
21 Enticed
23 Clever
25 Spanish appetizer
26 De-bag the cat?
27 Perch
28 Baby's ailment
30 Commotion
33 Tina Turner hit
36 Injure
37 Doha's country
38 Knock- — —
39 Fairy tale preposition
40 Screw up
41 Always, in verse

DOWN

1 West Point freshman
2 "My Name Is — "
3 It's nothing new
4 Stares
5 Lifeless, old-style
6 TV mogul Griffin
7 Fingerprint, often
8 "Star Wars" weapon
9 Hole-shaping tool
10 Suitable
12 Beezer
14 It gets in the whey
15 Heavy weight
19 Underwear with underwire
20 Science workshop
21 Dens
22 Increase
23 Lost traction
24 Rhesus monkey
25 1/6 fl. oz.
26 Run, as colours
28 Supply the food
29 Different
30 Thespian
31 Campus bigwig
32 Bobby of hockey
34 Barn-roof attachment
35 Scruff

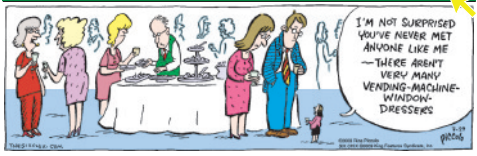
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

T	B	S	P	■	U	T	E	■	S	I	G	H
R	E	A	R	■	N	R	A	■	U	L	N	A
A	L	G	A	■	W	O	R	D	P	L	A	Y
P	L	A	Y	B	O	Y	■	R	E	S	T	S
■	■	■	E	O	N	■	M	A	R	■	■	■
R	E	T	R	O	■	B	O	Y	B	A	N	D
O	R	E	■	■	D	I	P	■	■	N	E	O
B	A	N	D	B	O	X	■	F	A	I	T	H
■	■	■	A	L	E	■	M	O	B	■	■	■
U	L	T	R	A	■	B	O	X	S	E	A	T
S	E	A	T	B	E	L	T	■	O	L	I	O
P	A	L	E	■	G	E	E	■	R	U	D	E
S	P	E	D	■	O	W	L	■	B	L	E	D

2	3	6	4	1	5	7	9	8
7	8	1	2	9	3	5	6	4
5	9	4	6	8	7	2	1	3
6	4	5	8	2	1	9	3	7
8	2	9	3	7	6	4	5	1
3	1	7	5	4	9	8	2	6
4	6	8	9	3	2	1	7	5
9	7	3	1	5	4	6	8	2
1	5	2	7	6	8	3	4	9

On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca



Metro Recipe of the Day

Chicken, Avocado and Alfalfa Club

INGREDIENTS:

1 1/2 tbsp (20 ml) lime juice
1 tsp (5 ml) olive oil
1/2 red onion, very thinly sliced
1/2 avocado
Dash of Tabasco or chili sauce
2 tbsp (25 ml) light mayonnaise
2 tbsp (25 ml) chopped cilantro
6 slices whole wheat bread
6 oz (175 g) cooked, skinless chicken breast fillet, sliced
2 tomatoes, thinly sliced
3/4 cup (175 ml) alfalfa sprouts

METHOD:

1. Whisk together 2 tsp (10 ml) lime juice, olive oil and a little pepper in small bowl. Add onion slices and toss to coat. Set aside to allow onion to mellow in flavour while you prepare remaining ingredients.
2. Roughly mash avocado with fork. Add remaining lime juice and Tabasco or chili sauce to taste, and carry on mashing until mixture is fairly smooth. Mix mayonnaise with cilantro.
3. Toast bread until lightly browned.
4. Spread two slices of toast thinly with mayonnaise, then spread with half the mashed avocado, dividing equally. Top with chicken and onion slices. Spread another two slices of toast very thinly with mayonnaise, then place over chicken filling, mayonnaise-side down. Spread half remaining mayonnaise thinly over tops of sandwiches. Spread with remaining avocado, then add layer of sliced tomatoes and sprouts.
5. Finally, spread last of mayonnaise over last two slices of toast and place on sandwiches, mayonnaise-side down. Press sandwiches together, then cut each in half. Serve immediately.

SERVES 2

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Cosmic activity in your fellow Fire sign of Leo means you not only have enough energy to get things done for yourself but for other people as well.

TAURUS ♉
APRIL 21-MAY 21
It may seem as if the odds are stacked against you but really they're not — it's just an illusion brought about by too narrow a focus.

GEMINI ♊
MAY 22-JUNE 21
You're not much in the mood for serious things at the moment, and that's just as well because there will be no end of opportunities for fun.

CANCER ♋
JUNE 22-JULY 22
Aim to balance your pursuit of financial stability with something of an intellectual, emotional or even a spiritual nature.

LEO ♌
JULY 23-AUG 23
Set your sights high today, and for the remainder of the week, but not so high that you risk failure or exhaustion, or both.

VIRGO ♍
AUG 24-SEPT 22
Keep what you have discovered about a friend or family member to yourself today, especially if it is the kind of knowledge that could cause trouble.

LIBRA ♎
SEPT 23-OCT 23
It seems that someone in a position of power is beginning to recognize that you are more than just another pretty face.

SCORPIO ♏
OCT 24-NOV 22
You may be ambitious by nature but you need to be ambitious about something that is genuinely worthy of your time and your energy.

SAGITTARIUS ♐
NOV 23-DEC 21
You like to be noticed but don't get carried away or you might be noticed for something that has a harmful effect on your career or reputation.

CAPRICORN ♑
DEC 22-JAN 20
The Sun's transit of the wealth sector of your chart means it will pay you in the long-term to be a little less independent in the short-term.

AQUARIUS ♒
JAN 21-FEB 18
You may be under pressure at the moment but it will bring out the best in you. You could make things easier for yourself by not taking life so seriously.

PISCES ♓
FEB 19-MARCH 20
You may have deadlines to meet and tasks to complete but make time for other things too.

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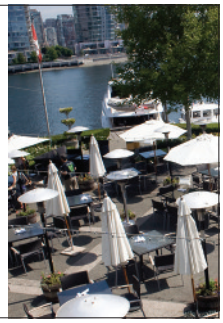

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